



# AUGUST 2020 WELLNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																				
<b>08/31/20</b>	<b>Calcium &amp; Vitamin D: The Bone Builders</b>				<b>08/01/20</b>	<b>08/02/20</b>																																				
<b>REGULAR</b> Tilapia Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	<p><b>Calcium and Vitamin D are important at any age!</b> They work together to help keep your bones healthy and strong. Your bones store most of the calcium in your body. However, to get the calcium from your diet into your bones, you need vitamin D. Calcium and vitamin D are also important for keeping your heart healthy, protecting your immune system, and maintaining nerve function.</p> <p>Vitamin D is known as the "sunshine vitamin," because your body can make vitamin D when your skin is exposed to sunlight. However, since we're often bundled up in cloudy San Francisco, many residents may not make enough vitamin D from the sun. Your doctor can tell you if you need to be getting more vitamin D.</p>	<p><b>How much is needed? The Recommended Daily Allowance (RDA) :</b></p>  <p><b>What are good sources?</b></p> 	<table border="1"> <tr> <td>If you are:</td> <td>Vitamin D</td> <td>If you are:</td> <td>Calcium</td> </tr> <tr> <td>Adults 70 and under</td> <td>600 International Units (IU)</td> <td>Female 19-50 OR Male 19-70</td> <td>1000 mg</td> </tr> <tr> <td>Adults over 70</td> <td>800 IU (more needed!)</td> <td>Female over 50 OR Male over 70</td> <td>1200 mg</td> </tr> </table>	If you are:	Vitamin D	If you are:	Calcium	Adults 70 and under	600 International Units (IU)	Female 19-50 OR Male 19-70	1000 mg	Adults over 70	800 IU (more needed!)	Female over 50 OR Male over 70	1200 mg	<table border="1"> <tr> <td>Vitamin D Foods</td> <td>Amount (IU)</td> <td>Calcium Foods</td> <td>Amount (mg)</td> </tr> <tr> <td>3 ounces salmon</td> <td>390-450</td> <td>1 cup milk</td> <td>300</td> </tr> <tr> <td>3 ounces canned tuna</td> <td>200</td> <td>1 cup raw leafy greens</td> <td>120</td> </tr> <tr> <td>2 eggs (with yolks)</td> <td>80</td> <td>½ cup cooked leafy greens</td> <td>120</td> </tr> <tr> <td>1 cup vitamin D fortified milk</td> <td>120</td> <td>3 ounces salmon</td> <td>200</td> </tr> <tr> <td>Vitamin D fortified foods (cereal, juice, milk products)</td> <td>Check the label!</td> <td>3 ounces firm tofu</td> <td>250</td> </tr> </table>	Vitamin D Foods	Amount (IU)	Calcium Foods	Amount (mg)	3 ounces salmon	390-450	1 cup milk	300	3 ounces canned tuna	200	1 cup raw leafy greens	120	2 eggs (with yolks)	80	½ cup cooked leafy greens	120	1 cup vitamin D fortified milk	120	3 ounces salmon	200	Vitamin D fortified foods (cereal, juice, milk products)	Check the label!	3 ounces firm tofu	250	<b>REGULAR</b> BBQ Glazed Chicken Thigh Brown Rice & Beans Garden Mixed Veg	<b>REGULAR</b> Turkey Chili WW Macaroni Green Beans
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<b>DIABETIC</b> Tilapia Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	<b>DIABETIC</b> BBQ Glazed Chicken Thigh Brown Rice & Beans Garden Mixed Veg	<b>DIABETIC</b> Chicken Thigh Lentil Stew Bulgur Pilaf Green Beans	<b>DIABETIC</b> Baked Tilapia Filet Puttanesca Sauce Brown Rice Pilaf / Br.Sprouts & Carrots	<b>DIABETIC</b> Turkey Meatloaf Zesty Tomato Sauce WW Rotini / Garden Mixed Veg	<b>DIABETIC</b> Chicken Thigh Marsala Sauce Wild Rice Pilaf / Green Beans	<b>DIABETIC</b> Chicken Thigh Marsala Sauce Wild Rice Pilaf / Broccoli																																				
<b>RENAL</b> Baked Tilapia Mustard Cream Sauce Orzo / Cabbage & Onions	<b>RENAL</b> Chicken Breast Bell Pepper Relish White Egg Noodle / Broccoli	<b>RENAL</b> Beef&Tofu Fricassee White Egg Noodle	<b>RENAL</b> Baked Tilapia Puttanesca Sauce White Macaroni / Kale Saute	<b>RENAL</b> Turkey Patty Pan Gravy Orzo / Green Beans	<b>RENAL</b> Chicken Breast Celery Cauli Sauce White Rice / Kale Saute	<b>RENAL</b> Irish Pork Stew Orzo																																				
<b>BLAND</b> Baked Tilapia Roasted Carrot Sauce White Macaroni / Green Beans	<b>BLAND</b> Vegetable Frittata Orzo Green Beans	<b>BLAND</b> Beef&Tofu Fricassee White Egg Noodles Carrots&GreenBeans	<b>BLAND</b> Baked Tilapia Creamy Basil Sauce White Macaroni / Carrots	<b>BLAND</b> Turkey Patty Mushroom Gravy Orzo / Green Beans	<b>BLAND</b> Chicken Breast Cream of Celery Mashed Potatoes / Zucchini	<b>BLAND</b> Pork & Mushroom Stew Orzo Peas & Carrots																																				
<b>VEGETARIAN</b> Veggie Loaf Mustard Cream Sauce Bulgur Pilaf / Cabbage & Onions	<b>VEGETARIAN</b> Roasted Tempeh Sweet Potato Grits Bell Pepper Relish Br.Sprouts & Carrots	<b>VEGETARIAN</b> Tofu Burger Split Pea & Veg Stew Bulgur Pilaf / Garlic Confit	<b>VEGETARIAN</b> Eggplant Parmesan* Puttanesca Sauce WW Egg Noodle / Broccoli	<b>VEGETARIAN</b> Roasted Tofu Portabello Pepper Steak WW Rotini / Cauliflower	<b>VEGETARIAN</b> Vegetarian Moussaka Garlic Confit Quinoa Pilaf / Cauliflower	<b>VEGETARIAN</b> Tempeh Burrito Casserole Br.Sprouts & Carrot																																				
<b>08/03/20</b>	<b>08/04/20</b>	<b>08/05/20</b>	<b>08/06/20</b>	<b>08/07/20</b>	<b>08/08/20</b>	<b>08/09/20</b>																																				
<b>REGULAR</b> Chicken Thigh Cajun Brown Rice Creole Vegetables	<b>REGULAR</b> Garlic Beef WW Egg Noodles Br.Sprouts & Carrots	<b>REGULAR</b> Chicken Lentil Stew Bulgur Pilaf Green Beans	<b>REGULAR</b> Baked Tilapia Filet Puttanesca Sauce Brown Rice Pilaf / Br.Sprouts & Carrots	<b>REGULAR</b> Turkey Meatloaf Zesty Tomato Sauce WW Rotini / Garden Mixed Veg	<b>REGULAR</b> Chicken Thigh Marsala Sauce Wild Rice Pilaf / Green Beans	<b>REGULAR</b> Irish Pork Stew Brown Rice Pilaf Br.Sprouts & Carrots																																				
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<b>BLAND</b> Chicken Breast Sweet Potato Sauce White Egg Noodles /	<b>BLAND</b> Vegetable Frittata Orzo Green Beans	<b>BLAND</b> Beef&Tofu Fricassee White Egg Noodles Carrots&GreenBeans	<b>BLAND</b> Baked Tilapia Creamy Basil Sauce White Macaroni / Carrots	<b>BLAND</b> Turkey Patty Mushroom Gravy Orzo / Green Beans	<b>BLAND</b> Chicken Breast Cream of Celery Mashed Potatoes / Zucchini	<b>BLAND</b> Pork & Mushroom Stew Orzo Peas & Carrots																																				
<b>VEGETARIAN</b> Blackeyed Pea w/Kale Cajun Brown Rice Creole Vegetables	<b>VEGETARIAN</b> Roasted Tempeh Sweet Potato Grits Bell Pepper Relish Br.Sprouts & Carrots	<b>VEGETARIAN</b> Tofu Burger Split Pea & Veg Stew Bulgur Pilaf / Garlic Confit	<b>VEGETARIAN</b> Eggplant Parmesan* Puttanesca Sauce WW Egg Noodle / Broccoli	<b>VEGETARIAN</b> Roasted Tofu Portabello Pepper Steak WW Rotini / Cauliflower	<b>VEGETARIAN</b> Vegetarian Moussaka Garlic Confit Quinoa Pilaf / Cauliflower	<b>VEGETARIAN</b> Tempeh Burrito Casserole Br.Sprouts & Carrot																																				
<b>08/10/20</b>	<b>08/11/20</b>	<b>08/12/20</b>	<b>08/13/20</b>	<b>08/14/20</b>	<b>08/15/20</b>	<b>08/16/20</b>																																				
<b>REGULAR</b> Chicken Thigh Balsamic Onion Sauce Quinoa Pilaf / Garden Mixed Veg	<b>REGULAR</b> Turkey Goulash WW Macaroni Brussel Sprouts	<b>REGULAR</b> Baked Tilapia Filet Brown Rice White Bean Ragout	<b>REGULAR</b> Beef Bourguignon WW Egg Noodles Peas	<b>REGULAR</b> Chicken Thigh Rosemary-Onion Brown Rice / Garden Mixed Veg	<b>REGULAR</b> Roasted Pork Loin Marinara Sauce Bulgur Pilaf / Garden Mixed Veg	<b>REGULAR</b> Chicken Tinga Spanish Brown Rice Carrots																																				
<b>DIABETIC</b> Chicken Thigh Balsamic Onion Sauce Quinoa Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Turkey Goulash WW Macaroni Brussel Sprouts	<b>DIABETIC</b> Baked Tilapia Filet White Bean Ragout Capri Mixed Veg	<b>DIABETIC</b> Beef Bourguignon WW Egg Noodles Broccoli	<b>DIABETIC</b> Chicken Thigh Rosemary-Onion Brown Rice / Garden Mixed Veg	<b>DIABETIC</b> Roasted Pork Loin Marinara Sauce Bulgur Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Chicken Tinga Spanish Brown Rice Carrots																																				



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08/10/20	08/11/20	08/12/20	08/13/20	08/14/20	08/15/20	08/16/20
<b>RENAL</b> Chicken Eggplant Stew Herb Polenta	<b>RENAL</b> Turkey Goulash White Rice	<b>RENAL</b> Baked Tilapia Creamy Basil Sauce White Egg Noodle / Kale Saute	<b>RENAL</b> Beef & Veg Stew Orzo	<b>RENAL</b> Chicken Breast Mushroom Alfredo White Egg Noodles / Broccoli	<b>RENAL</b> Roasted Pork Loin / Pan Gravy White Egg Noodles Garden Mixed Veg	<b>RENAL</b> Chicken Tinga White Rice
<b>BLAND</b> Chicken Eggplant Stew Herb Polenta Green Beans	<b>BLAND</b> Turkey Stuffed 'Shrm Alfredo Sauce White Egg Noodles	<b>BLAND</b> Baked Tilapia Creamy Basil Sauce White Egg Noodles / Peas & Carrots	<b>BLAND</b> Beef & Veg Stew Orzo	<b>BLAND</b> Chicken Breast Mushroom Alfredo Orzo / Green Beans	<b>BLAND</b> Roasted Pork Loin Mushroom Gravy White Egg Noodles / Peas & Carrots	<b>BLAND</b> Mushroom & Zucchini Peas & Carrots
<b>VEGETARIAN</b> TempehPolentaCassero Herb Sauce Cabbage & Kale	<b>VEGETARIAN</b> HeartyVegetableStew WW Macaroni Brussel Sprouts	<b>VEGETARIAN</b> Roasted Tofu White Bean Ragout Brown Rice / Capri Mix Veg	<b>VEGETARIAN</b> Tomato Quiche Italian Dressing WW Egg Noodle / Broccoli	<b>VEGETARIAN</b> Tempeh-Tofu Loaf Rosemary-Onion Sauce Bulgur Pilaf / Garden Mixed Veg	<b>VEGETARIAN</b> Tofu Burger Ratatouille WW Egg Noodle	<b>VEGETARIAN</b> Tofu Jambalaya Spanish Brown Rice Green Beans
08/17/20	08/18/20	08/19/20	08/20/20	08/21/20	08/22/20	08/23/20
<b>REGULAR</b> Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg	<b>REGULAR</b> Tilapia Mushroom-Dill Sauce WW Rotini / Capri Mix Veg	<b>REGULAR</b> Beef Fricasee Brown Rice Brussel Sprouts	<b>REGULAR</b> Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli	<b>REGULAR</b> BBQ Pork Stew Brown Rice Pilaf Capri Mix Veg	<b>REGULAR</b> RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg	<b>REGULAR</b> Chicken Cacciatore Spanish Brown Rice Green Beans
<b>DIABETIC</b> Spiced Chicken Thigh Salsa Verde Quinoa Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Tilapia Mushroom-Dill Sauce WW Rotini / Capri Mix Veg	<b>DIABETIC</b> Beef Fricasee Brown Rice Garden Mixed Veg	<b>DIABETIC</b> Turkey Meatloaf Marsala Sauce WW Rotini / Broccoli	<b>DIABETIC</b> Roasted Pork Loin Mustard Cream Sauce Brown Rice Pilaf / Capri Mixed Veg	<b>DIABETIC</b> RosemaryChickenThigh Mushroom Herb Sauce Bulgur Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Chicken Cacciatore Spanish Brown Rice Green Beans
<b>RENAL</b> Chicken Breast Salsa Verde White Rice / Garden Mixed Veg	<b>RENAL</b> Tilapia / Mushroom-Dill Sauce White Macaroni Carrots & Green Beans	<b>RENAL</b> Beef &Tofu Fricassee White Egg Noodles Green Beans	<b>RENAL</b> Turkey Meatloaf Pan Gravy Orzo / Broccoli	<b>RENAL</b> Pork Stew w/Raisins White Rice	<b>RENAL</b> RosemaryChickenThigh Spinach Sauce Herb Polenta / Garden Mixed Veg	<b>RENAL</b> Chicken Casserole Green Beans
<b>BLAND</b> Chicken Breast Cream of Celery White Rice / Carrots	<b>BLAND</b> Baked Tilapia Roasted Carrot Sauce White Macaroni / Green Beans	<b>BLAND</b> Beef & Tofu Fricassee White Egg Noodles Green Beans	<b>BLAND</b> Turkey Meatloaf Mushroom Gravy Orzo / Zucchini	<b>BLAND</b> Pork Stew White Rice Peas & Carrots	<b>BLAND</b> Chicken Breast Sweet Potato Sauce Herb Polenta / Carrots & G. Beans	<b>BLAND</b> Chicken Casserole Carrots
<b>VEGETARIAN</b> Tofu Bean Chile Verde Quinoa Pilaf Garden Mixed Veg / Herb Sauce	<b>VEGETARIAN</b> Tempeh Ratatouille WW Rotini Kale Saute	<b>VEGETARIAN</b> Spinach Frittata Brown Rice Carrots & Green Beans	<b>VEGETARIAN</b> Stuffed Bell Pepper Salsa Verde Brown Rice / Provenscale Veg	<b>VEGETARIAN</b> Curried Lentil Casserole WW Egg Noodle Capri Mixed Veg / Cilantro Dressing	<b>VEGETARIAN</b> Tempeh Shepherd Pie Creamy Spinach Sauce Green Beans	<b>VEGETARIAN</b> Enchilada Casserole Spanish Brown Rice
08/24/20	08/25/20	08/26/20	08/27/20	08/28/20	08/29/20	08/30/20
<b>REGULAR</b> Tandori ChickenThigh Ginger Orange Sauce Brown Rice / Capri Mix Veg	<b>REGULAR</b> Beef Stroganoff WW Egg Noodles Peas & Carrots	<b>REGULAR</b> Tilapia Wine Cream Sauce WW Penne / Carrots	<b>REGULAR</b> Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	<b>REGULAR</b> Turkey Bolognese WW Rotini Garden Mixed Veg	<b>REGULAR</b> Roasted Pork Loin / Red Mole Sauce Spanish Brown Rice Southwest Beans	<b>REGULAR</b> Chicken Mushroom Stew WW Egg Noodles Carrots
<b>DIABETIC</b> Tandori ChickenThigh Ginger Orange Sauce Brown Rice / Capri Mix Veg	<b>DIABETIC</b> Beef Stroganoff WW Egg Noodle Eggplant & Zucchini	<b>DIABETIC</b> Tilapia Wine Cream Sauce WW Penne / Carrots	<b>DIABETIC</b> Chicken Thigh Chimichurri Sauce Quinoa Pilaf / Garden Mixed Veg	<b>DIABETIC</b> Turkey Bolognese WW Rotini Garden Mixed Veg	<b>DIABETIC</b> Roasted Pork Loin / Red Mole Sauce Spanish Brown Rice Southwest Beans	<b>DIABETIC</b> ChickenMushroom Stew WW Egg Noodle Carrots
<b>RENAL</b> Tandori Chicken Breast White Rice Eggplant & Peppers	<b>RENAL</b> Beef Stew White Egg Noodles Garden Mixed Veg	<b>RENAL</b> Baked Tilapia Wine Cream Sauce White Egg Noodle / Kale Saute	<b>RENAL</b> Chicken Breast Chimichurri Sauce White Rice / Carrots	<b>RENAL</b> Turkey Bolognese White Macaroni Green Beans	<b>RENAL</b> Roasted Pork Loin Red Mole Sauce White Rice / Garden Mixed Veg	<b>RENAL</b> Chicken Stew Orzo Broccoli
<b>BLAND</b> Chicken Breast English Pea Sauce White Rice / Carrots	<b>BLAND</b> Beef Stew White Egg Noodles Peas & Carrots	<b>BLAND</b> Tilapia / Creamy Basil Sauce White Egg Noodles Eggplant Saute	<b>BLAND</b> Chicken Breast / Bechamel Sauce White Macaroni Peas & Carrots	<b>BLAND</b> TurkeyEggplant Torta Pan Gravy White Rice	<b>BLAND</b> Roasted Pork Loin Mushroom Gravy White Rice / Green Beans	<b>BLAND</b> Chicken Stew Orzo Zucchini
<b>VEGETARIAN</b> Tofu w/ Veg Bean Turnip Curry Brown Rice Eggplant & Peppers	<b>VEGETARIAN</b> Tofu Mushrm Stroganoff WW Egg Noodle Peas	<b>VEGETARIAN</b> Tofu Burger Wine Cream Sauce WW Rotini	<b>VEGETARIAN</b> Bean Spinach Casserole Chimichurri Sauce Garden Mixed Veg	<b>VEGETARIAN</b> Quinoa & Tempeh Taco Chimichurri Sauce Carrots	<b>VEGETARIAN</b> Quinoa Black Bean Patty Red Mole Sauce Garden Mixed Veg / Garlic Confit	<b>VEGETARIAN</b> Vegetable Frittata WW Egg Noodle Peas & Carrots